



Missouri Karate Association

Testing Requirements for 5th Kyu Green Belt testing to obtain 1st Purple Belt

I. Kata:

Heian Yondan

II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Zenkutso-dachi** - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: **Zenkutso-dachi** - Jodan Ageuke, Chudan Gyaku zuki
3. Stepping Forward: **Zenkutso-dachi** - Chudan Soto Udeuke, **Kiba-dachi** - Chudan Enpiuchi
4. Stepping Backward: **Kokutsu-dachi** - Chudan Shutouke, Chudan Kizame Maegeri
Zenkutso-dachi - Chudan Nukite
5. Stepping Forward: **Zenkutso-dachi** - Maegeri Rengeri: Chudan X1, Jodan X1
MAWATTE
6. Stepping Forward: **Zenkutso-dachi** – Mawashigeri Rengeri: Chudan X1, Jodan X1
7. Left & Right Side: **Kiba-dachi** – Jodan Yoko Keage
8. Left & Right Side: **Kiba-dachi** – Chudan Yoko Kekomi
9. Stepping Forward: **Zenkutso-dachi** - Chudan Maegeri, Chudan Mawashigeri, Chudan Gyakuzuki

III. Kumite – Kihon Ippon Kumite - **Zenkutso-dachi** (One Step Basic Sparring)

Note: (Each sequence to be performed twice)

1. Attack Side: Stepping Forward: Jodan Oizuki
Block Side: Stepping Backward: Jodan Ageuke, Chudan Gyakuzuki
2. Attack Side: Stepping Forward: Chudan Oizuki
Block Side: Stepping Backward: Uchi Udeuke/Soto Udeuke, Chudan Gyakuzuki
3. Attack Side: Stepping Forward: Chudan Maegeri
Block Side: Stepping Backward: Gidan Uke, Chudan Gyakuzuki



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English Translation

Testing Requirements for 5th Kyu

Green Belt testing to obtain 1st Purple Belt

I. Kata: (Form)

Heian Yondan (Kata No.4)

II. Kihon: (Basic Techniques)

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Front Stance** - One Step 3 Punches: Face Level X1, Stomach Level X2
2. Stepping Backward: **Front Stance** - Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: **Front Stance** - Stomach Level Outside Block, Shifting into **Straddle Leg Stance** - Stomach Level Elbow
4. Stepping Backward: **Back Stance** - Stomach Level Knife Hand Block, Front Leg Front Kick Shifting into **Front Stance** - Stomach Level Spearhand
5. Stepping Forward: **Front Stance** - Double Front Kick: Stomach Level X1, Face Level X1

TURN AROUND

6. Stepping Forward: **Front Stance** – Double Roundhouse Kick: Stomach Level X1, Face Level X1
7. Left & Right Side: **Straddle Leg Stance** - Face Level Side Snap Kick
8. Left & Right Side: **Straddle Leg Stance** - Stomach Level Side Thrust Kick
9. Stepping Forward: **Front Stance** – Stomach Level Front Kick, Roundhouse Kick, Reverse Punch

III. Kumite – Kihon Ippon Kumite – Front Stance (One Step Basic Sparring)

Note: (Each sequence to be performed twice)

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Rising Block, Stomach Level Reverse Punch
2. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Block, Reverse Punch
3. Attack Side: Stepping Forward: Stomach Level Front Kick
Block Side: Stepping Backward: Downward Block, Stomach Level Reverse Punch